

# Effect of Snuhi in the Management of Arsha with Special Reference to its Toxic Effects: A Review study

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## Abstract

Arsha, which is also known as hemorrhoids is a common problem that people have with their bottom. It is considered a problem because it can last for a long time come back and affect your daily life. There are plants that are used to treat Arsha in Ayurveda and one of them is Snuhi. Snuhi is special because it has properties that can help reduce pain and swelling.

Snuhi is a plant that needs to be used because it can be harmful if not used properly. It is classified as a -poisonous drug, which means it has to be purified and given in the right amount. In Ayurvedic books Snuhi is mentioned as a way to treat piles and it is used in different ways, such as in a special preparation or as a therapy.

Nowadays we know that Snuhi has properties that can help reduce inflammation, heal wounds and kill germs and it can also help with pain. However if Snuhi is not used correctly it can cause problems such, as a burning feeling, blisters, vomiting, diarrhea and irritation. This is because Snuhi has a liquid inside it that can be toxic.

This article looks at how Snuhi can be used to treat Arsha. It also talks about the potential problems that can happen if it is not used correctly. The article says that it is very important to purify Snuhi use the amount and have a doctor supervise the treatment to make sure it is safe. Arsha and Snuhi are very important to understand. We need to be careful when using Snuhi to treat Arsha.

**Keywords:** Arsha, Snuhi, Euphorbia neriifolia, Upavisha, Ksharasutra, Toxicity, Ayurveda.

## Introduction

The word Arsha comes from the Sanskrit word "Rish" which means to cause pain. Classical texts say that Arsha is a condition that causes a lot of suffering to the person who has it. Acharya Sushruta said that Arsha is when there are growths in the anal area because of problems with vata and kapha doshas and digestive fire. Arsha is a common disease of the anal area and Acharya Sushruta put it in the list of Ashta Mahagada.<sup>1</sup>

Nowadays we can compare Arsha to Haemorrhoids. Haemorrhoids are a common problem in the anal area. They happen when the vascular cushions in the canal get bigger and move out of place. These cushions normally help us control our bowel movements. When there are problems like high blood pressure, constipation and weak tissues these cushions can get bigger and come out.

Even though Haemorrhoids are not usually life-threatening they can cause a lot of discomfort. Affect our daily life. In the few decades more and more people have been getting Haemorrhoids because of the way we live and what we eat. Our modern lifestyle, where we sit for a time eat food that is low, in fiber and do not exercise can cause constipation and straining during bowel movements. These things can eventually lead to Haemorrhoids.

Acharya Sushruta recommends four ways to treat Arsha: using medicine, chemical cauterization, thermal cauterization and surgery.<sup>2</sup> Among these treatments chemical cauterization has gotten a lot of attention because it works well and is not very invasive.

There are plants that can be used to treat Arsha but Snuhi is considered very effective because it can scrape and remove the growths. Snuhi is a plant that belongs to the Euphorbiaceae family and its botanical name is Euphorbia neriifolia Linn. The latex of Snuhi is used a lot in medicine, including Kshara and Ksharasutra. Ayurveda also says that Snuhi can be toxic if not used properly so it is categorized as Upavisha.

Acharya Sushruta said that Arsha is a disease and we should try to treat it with these methods. Arsha or Haemorrhoids is the disease that can cause a lot of suffering so we should try to prevent them by living a healthy lifestyle and eating a balanced diet.

## Sources of Data

### Classical Sources:

Major Ayurvedic texts consulted for the study include:

- Charaka Samhita
- Sushruta Samhita
- Ashtanga Hridaya
- Sharangadhara Samhita
- Bhaishajya Ratnavali

These texts provide comprehensive descriptions of Arsha, its etiological factors, pathogenesis, and treatment methods.

### Modern Sources:

Modern medical textbooks, peer-reviewed journals, and scientific databases were also reviewed to understand the pathology and management of hemorrhoids from a contemporary perspective.

## Review of Literature

### Ayurvedic Concept of Arsha

#### Defination:

Acharya Sushruta says that the muscle growths inside the folds of the rectum (gudavali) are called Arshas or pile mass. These muscle growths can also happen in parts of the body like the penis, vagina, umbilicus, ears, eyes, nose and mouth. They are all called Arshas.<sup>3</sup>

The old Ayurvedic books say that Arshas are growths that happen in the anal area. This happens when the Doshas in our body get out of balance and affect the tissues in the rectum. When we eat badly and do not take care of ourselves our digestive system gets upset. This leads to a buildup of toxins and the Doshas in our body get imbalanced.

Acharya Sushruta said that Arsha means the growths that come up in the anal area. He wrote this in a simple way:

“गुदे मांसप्ररोहाः अर्शासि”

This means that when we have fleshy projections, in the anal region we call them Arshas.

### Classification of Arsha

Based on Dosha predominance, Arsha is classified into the following types:

- Vataja Arsha
- Pittaja Arsha
- Kaphaja Arsha
- Sannipataja Arsha
- Raktaja Arsha
- Sahaja Arsha

### Etiological Factors (Nidana)

#### Ayurvedic Perspective:

Here are some reasons why Arsha might occur:

- Eating much dry, spicy or wrong food can cause it.
- Not eating on time also plays a role.
- Constipation over a period is another factor.
- Drinking much alcohol can lead to Arsha.
- Sitting for a time and not exercising enough also contributes.
- Ignoring urges can cause problems.

#### Modern Perspective:

From a medical view here are some causes:

- Not eating enough fiber can lead to Arsha.
- Having pressure, inside the abdomen can cause it.
- Being overweight or obese is another reason.
- Pregnancy can also lead to Arsha.
- Straining much while going to the bathroom over a long period can cause problems.

### Pathogenesis (Samprapti)

The problem of Arsha starts when our digestive fire, which is also called Agni does not work properly. This is known as Agni Mandya. When Agni is not working well the food we eat is not digested properly. This leads to the formation of substances in our body, known as Ama.

Ama causes the Doshas in our body to become imbalanced. The imbalanced Doshas then move to the area around our anus. The Doshas that are out of balance affect the parts of our body such as our blood (Rakta) and fat (Mansa). This causes the veins in that area to become swollen and enlarged.

As time goes on these changes, in our body lead to the formation of Arsha(hemorrhoids). Hemorrhoids are painful & can bleed.

### Poorvrupa and Roop

There are some signs that show up before Arsha becomes a problem. These signs are called Poorvrupa of Arsha. Some examples of Poorvrupa of Arsha are Anna Ashraddha, Gudaparikartan, Sakthi Sada and Pandu Ashanka.

### According to Acharya Sushruta

- Vataja Arsha are Shushka and similar to Kadambapuspa.
- When it comes to Pittaja Arsha, the shape is compared to a parrot beak, liver and the mouth of a leech.
- Kaphaja Arsha are similar to the seeds of a jackfruit, Karira and so on.
- Raktaja Arsha is compared to a pear<sup>4</sup> and things like that.
- In the case of Raktaja Arsha it is said that the hot blood will come out quickly because of the pressure from stool on the vessels in the anal canal.
- Vataja Arsha causes a lot of pain like Kati Shula, Medhra Shula, Nasa Shula, Nabhi Shula, Parshva Shula and more.
- Pittaja Arsha causes a burning feeling, which's a local symptom.
- Kaphaja Arsha causes itching, which is also a symptom.

The special features of Arsha are explained based on the features of each Dosha, like Vataja Arsha, Pittaja Arsha and Kaphaja Arsha.

### Snuhi: Ayurvedic Review

#### Botanical Description

Botanical name <sup>5</sup>	Euphorbia neriifolia Linn.
Family	Euphorbiaceae
Common name	Indian Spurge Tree
Ayurvedic name	Snuhi
Useful part	Latex, leaves, root
Chemical Constituents	Terpenoids, Tannins, Euphorban, Resin, Gum, Malate of Calcium etc.

#### Vernacular Name<sup>5</sup> :

**Hindi Name:** Sehund, Danda, Thukar

**English Name:** Common milk hadge

**Telugu:** Akujemudu

**Tamil:** Ilaikalli

#### Type of Poison:

**Ayurveda<sup>6</sup> :** Sthavara Visha

**Modern<sup>7</sup> :** Irritant poison

#### Classical categorisation<sup>8</sup>:

**Caraka:** Virecana, Sat Sodhana Vrksa

**Sushruta:** Syamadi, Adhobhagahara

**Vagbhata:** Nikumbhadi (Virecana)

**Toxic Chemical Constituents<sup>9</sup>;**

Nerifoliol, Nerifolene, Euphorbin, Calcium malate, Euphol.

**Rasa Panchaka<sup>10</sup>**

**Rasa:** Katu

**Guna:** Laghu, Tikshna, Snighdha

**Virya:** Ushna

**Vipaka:** Katu

**Karma:** Kapha-Vatahara, Dipana, Recana, bhedana, lekhana

Snuhi is described as having potent Teekshna and corrosive action useful in Kapha-Vata predominant disorders.

**Toxic Effects of Snuhi**

Despite its therapeutic importance, Snuhi is categorized as Upavisha because of its toxic latex.

**Toxic Part<sup>11</sup>**

An acrid milky juice exuded from the stem

**Fatal Dose:** A teaspoonful of juice

**Fatal Period:** 3 days

**Toxic Signs and Symptoms<sup>12</sup>:**

**External Application:**

- When put on the skin it causes blisters.
- Dropping it into the eyes leads to swelling and vision problems.

**Internal Administration:**

- Taking it inside causes irritation, vomiting, diarrhoea
- It can also lead to seizures and loss of consciousness.
- This substance is sometimes used to induce miscarriage.

**Treatment<sup>13</sup>**

- Wash contact part with running water.

**Symptomatic treatment -**

- On ingestion: Gastric lavage with normal saline, Activated charcoal.
- On contact: Skin - Topical corticosteroids
- Eye- Antibiotic eye drops, Tears substitute, IOP (Intra ocular pressure) lowering medications.

**Post-mortem appearance;**

- Gastrointestinal areas that are gangrenous.
- It is possible to find a rotting spleen.

**Medico-legal importance:**

- It is used for procuring criminal abortion.
- It is rarely for homicidal purpose.

**Shodhana (Purification) of snuhi**

Ayurveda says that you have to purify something before you can use it to help someone.

**Methods of Shodhana are**

- Swedana
- Processing with milk
- Drying and purification of latex
- Controlled pharmaceutical preparation

**The Importance of Shodhana**

- Reduces irritant property of Snuhi
- Minimizes toxicity of Snuhi
- Enhances efficacy of Snuhi
- Makes the Snuhi drug safer, for administration.
- Shodhana of Snuhi is done to make Snuhi safer and more effective.

**When we are using Snuhi in a disease we need to be careful.**

1. We should only use Snuhi that's pure.
2. A doctor should be watching when we give Snuhi to someone.
3. We should not give much Snuhi to someone.
4. We cannot give Snuhi to women who're pregnant and people who have severe Pitta disorders.
5. When we put Snuhi on the skin we should only put it on an area.
6. We have to make sure Snuhi does not get in the eyes of the person using Snuhi.

**Snuhi as an ingredient of various formulations indicated in Arsha (Haemorrhoids)**

In Arsha (haemorrhoids) - Total 28 formulations, Kshira (latex) as parts use, has been reported maximum, among the dosage forms, lepa is maximum used in management of Arsha.

1. Brihata kasisadi taila
2. Kasisadi taila
3. Ksharasootra
4. Rajni churna yoga
5. Snukapatra yoga
6. Arkapaya adi lepa
7. Gauri pashana lepa
8. Haridra churnadi pralepa
9. Shirisa-beejadi pralepa

10. Arka-kshiradi pralepa
11. Snuhi kskiradi lepa
12. Sudhadi lepa
13. Kulisadi lepa
14. Snuka kshira pistadi lepa
15. Kuleeradi lepa
16. Sourmikadi lepa
17. Swarnakshirudi lepa
18. Katu tumbyadi lepa
19. Arshohara lepa
20. Swarchikado lepa
21. Snuhikshira lepa
22. Chitrakadi taila
23. Pippalvadi lepa
24. Gaja asthiadi taila
25. Mahanimbadi taila
26. Putikaranjadi varti
27. Jalinibeejadi varti
28. Katutumbiadi varti

### **Therapeutic Effect of Snuhi in Arsha:**

#### **1. Lekhana Karma**

Snuhi helps to scrape off fatty and fleshy growth. This scraping action reduces the size of piles.

#### **2. Bhedana Action**

The sharp action of Snuhi breaks down tissue growth.

#### **3. Anti-inflammatory Activity**

Some studies show that *Euphorbia neriifolia* can reduce swelling and pain in hemorrhoids.

#### **4. Wound Healing Property**

The latex of Snuhi helps to heal wounds after procedures, like ligation and cauterization.

#### **5. Antimicrobial Activity**

The latex of Snuhi also prevents infection in lesions.

### **Snuhi in Ksharasutra Therapy:**

Ksharasutra is one of the most effective para-surgical procedures in Ayurveda for the treatment of Bhagandara and Arsha. Snuhi Ksheera is repeatedly coated over the surgical thread along with Apamarga Kshara and Haridra.

### **Properties of Snuhi Kshara**

The latex of Snuhi is available all the time. It is easy to make a paste with Snuhi and other things like Flaridit powder. This is simpler than ways of making Kshara. The latex of Snuhi works well on piles because it is very strong and can burn the pile mass directly. The latex of Snuhi is very good, at this.

**Mechanism of action:**

coagulates the hemorrhoidal plexus's protein

Protein coagulation causes hemoglobin to break down into hemoglobin and globin.

When these mechanisms work together, the pile mass's size decreases.

Additionally, the tissue in the hemorrhoidal vein will necrotize.

For seven to fourteen days, necrosed tissue sloughs out as a blackish brown discharge.

**Role of Snuhi Ksheera in Ksharasutra:**

The role of Snuhi Ksheera in Ksharasutra is very important.

- Snuhi Ksheera acts as a binding material.
- It also provides a cauterization effect.
- This means Snuhi Ksheera helps to enhance chemical debridement.
- Snuhi Ksheera facilitates the sloughing of mass.
- It also promotes healing of the area.
- The Teekshna and Ushna properties of Snuhi Ksheera help in the excision of hemorrhoidal tissue with minimal recurrence of the problem.

**Modern studies**, on *Euphorbia neriifolia* have shown some results.

- *Euphorbia neriifolia* has -inflammatory properties.
- It also has properties which help to reduce pain.
- *Euphorbia neriifolia* is antimicrobial which means it can fight against microbes.
- It has antioxidant properties too.
- *Euphorbia neriifolia* is immunomodulatory which means it can help to regulate the system.
- It also helps in healing which is a very important property of *Euphorbia neriifolia*.

**Discussion**

Arsha is a problem that affects the back passage and it needs to be treated with both simple methods and some special medical procedures. Snuhi is very helpful in this case because it has properties that can reduce the swelling and remove the tissue. It plays a role in a special kind of therapy called Ksharasutra in Ayurvedic surgery.

Some modern studies have shown that Snuhi really does have properties that can reduce inflammation and help wounds heal just like people have been saying for a time. We should not forget that the latex of Snuhi can be very bad for us. Since Snuhi is considered to be a kind of poison using it in the way can cause a lot of irritation and problems, in the stomach and intestines.

**The success of Snuhi, as a treatment depends on a things.**

- Snuhi needs to be purified.
- The right amount of Snuhi has to be given.
- Snuhi has to be given in the proper way.
- People who are giving Snuhi need to be skilled and watching closely.

So Snuhi shows us that the Ayurvedic idea is true. This idea is that even things that can hurt us can become medicine if they are prepared correctly. Snuhi is an example of this because Snuhi can be made into effective medicine after it is processed properly.

**Conclusion**

Snuhi, also known as *Euphorbia neriifolia* Linn is an useful plant for medical purposes. People use Snuhi to treat Arsha because Snuhi has properties that can help reduce things break things down and reduce inflammation. Snuhi is very important in Ksharasutra therapy. It really helps reduce hemorrhoidal mass. Modern research says that Snuhi is also good for fighting off microbes and healing wounds. We have to be careful with Snuhi because the latex, in Snuhi is toxic and Snuhi can also cause other problems if not used correctly. This is why we need to make sure Snuhi is prepared properly and people need to take the amount of Snuhi and see a doctor while taking Snuhi. We need to do studies to make sure we know how to use Snuhi safely.

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